

CHANGING SOILED PULL-UPS / UNDERWEAR AND HANDWASHING

Changing Procedure for Changing Children's Soiled Underwear / Pull-ups and Clothing - Standing up

1. Before beginning the changing procedure, clean your hands by using proper hand hygiene (handwashing or use of hand sanitizer according to directions).
2. To minimize contamination, prepare for changing by getting out all of the supplies needed for the diaper change and placing them near, **but not on**, the floor (or changing surface), for example:
 - ❖ Enough wipes for the pull-up / underwear change, including cleaning the child's bottom and wiping the teacher's and child's hands before putting on the clean pull-up or underwear (wipes must be taken out of their container)
 - ❖ A clean pull up or underwear, and clean clothes (if you need them)
 - ❖ A plastic bag for soiled clothes, including underwear and pull-ups (if soiled clothing is anticipated)
 - ❖ Non-porous gloves (if used)
 - ❖ Changing table paper (if used) to extend from the child's shoulders to feet (in case it becomes soiled and must be folded over to create a clean surface during the change)
3. Remove clothing (pants, shorts, etc.), shoes and socks. If the child is standing, it may cause the clothing, shoes, and socks to become soiled, so the caregiver **must** remove these items before the change begins.
4. To avoid contaminating the child's clothes, have the child hold their shirt up above their waist during the change, or use plastic clothes pins that can be washed and sanitized after each change to keep clothing out of the way.
5. If disposable pull-ups were used, pull the sides apart rather than sliding the garment down the child's legs. If underwear is being changed, remove the soiled underwear and any soiled clothing, doing your best to avoid contamination of surfaces.
6. To avoid contamination of the environment do not rinse the soiled clothing in the toilet or elsewhere. Place all soiled garments in a plastic-lined, hands-free bag to be cleaned at the child's home. If the child's shoes are soiled, the caregiver must wash and sanitize them before putting them back on the child, or the facility can request a few extra pairs of socks and shoes from the parent to be kept at the facility.
7. Check for spills under the child. If there are any, use the paper to fold over the soiled part so that a fresh, unsoiled paper surface is now under the child.
8. Use wipes to clean child's bottom from front to back (one wipe per swipe) and throw away into the soiled pull-up or into a plastic-lined, hands-free covered trash container.
9. If gloves are used, they must be discarded at this time in the hands-free container.
10. Use a wipe to remove soil from your hands and throw into the trash container.
11. Use another wipe to remove soil from child's hands and throw into the trash container.
12. Put on clean pull-up or underwear and assist the child as needed.
13. Wash the child's hands following the proper handwashing procedure (use of hand sanitizer is also acceptable for children 2 and older). Return the child to the play area without touching any other surfaces.
10. Clean the floor (or changing surface) by disposing of the paper liner (if used) under the child in a plastic-lined, hands-free trash container; if clothing was soiled, securely tie the plastic bag used to store the clothing and send home; remove any visible soil from the floor (or changing surface) with a water saturated disposable paper towel or wipe; wet the entire floor (or changing surface) with an appropriate ERA approved disinfectant for the type of surface being cleaned (follow manufacturer's instructions) or use

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disinfectant-strength bleach-water solution ($\frac{1}{2}$ – $\frac{3}{4}$ cup bleach per gallon of water) and wait at least 2 minutes before wiping or allow to air dry; put away the disinfectant.

12. Clean your hands by using proper hand hygiene (handwashing or use of hand sanitizer according to directions)

Handwashing Procedure

1. Moisten hands with water and use liquid soap.
2. Rub hands together away from the flow of water for 20 seconds.
3. Rinse hands free of soap under running water.
4. Dry hands with a clean, disposable paper towel or air dry with a blower.
5. Turn off faucet using paper towel. [\(Optional\)](#)
6. Throw the used paper towel into a hands-free trashcan.